

OUTLOOK

A publication of OLLI at the University of New Hampshire



University of
New Hampshire

Fall Courses

These courses have seats available and start within the next three weeks (click the title for course information):

Capital Region

- 11/05 [A Tour of the New Hampshire State Library](#)
- 11/06 [Mt. Kearsarge Indian Museum: 10,000 Years in the Making](#)
- 11/13 [Films: Reel Jewish Movies, Part II](#)

Greater Manchester

- 11/04 [Boston Massacre: A Fresh Look](#)
- 11/05 [Beautiful Experiments](#)
- 11/06 [Boston Massacre: A Fresh Look](#)
- 11/08 [Taking a Deep Dive into the Psalms](#)
- 11/13 [Raising Puppies to be Guide Dogs for the Blind](#)

Mt. Washington Valley

- 11/06 [Making Peace with Your Plate with Intuitive Eating](#)
- 11/07 [Jump at the Sun: Life & Works of Zora Neale Hurston](#)
- 11/12 [Creating Bucilla Felt Ornaments](#)
- 11/14 [Finding the Source: Music, Magic & Healing in West Africa](#)
- 11/18 [What a Community "Meads"? A Small Business With Purpose!](#)
- 11/20 [Self-Myofascial Release: Roll Away Tension & Increase Mobility](#)

Seacoast

- 11/06 [Mathematical Card Tricks for Everyone!](#)

Zoom

- 11/06 [Emerging Technology, Internet Safety & Social Media](#)
- 11/07 [Eco-Friendly Final Exits: Planning Funerals with an Environmental Flair](#)
- 11/13 [Making Peace with Your Plate with Intuitive Eating](#)
- 11/14 [Wildlife in Our Backyards: Meet Your Neighbors!](#)
- 11/14 [Infinity & Beyond](#)
- 11/18 [Exploring Lesser Known Classics](#)

You may enroll in any course online up to seven days before the start date; after that please call the OLLI Office at (603) 255-3553 to enroll using a credit card. If you must drop a course, notify the OLLI Office at least seven days before the start date to qualify for a refund.

NOVEMBER 2024 - IN THIS ISSUE

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Thanks-Thanks-Thanks-Thanks

Fall Term Catalog Updates

Following are changes to the information in our printed Fall Term Catalog. Click the course title to view the full information online.

Schedule Changes

- 11/14 - [Finding the Source: Music, Magic & Healing in West Africa](#) – Location change to Pope Memorial Library
- 11/14 - [Infinity & Beyond](#) – changes to Mondays/Thurs-days – 11/14-11/25
- 11/26 - [Happy Holidays Hollywood Style](#) – date change to Tuesdays and time of first class

Other Changes

- 12/03 - [Monadnock: The Mountain That Stands Alone](#) – change of capacity to 60 and location to Grappone Auditorium at NHTI

Cancellations

- 11/4 & 11/18 Kitchen Chemistry, The Wow Factor Part II: Appetizers
- 12/12 – Christmas Music Across the Centuries

Learning for the Fun of It!

Director's Notes

Reaching Out and Engaging With You

Submitted by Toniann Leavitt, Program Director

Welcome!



*Honour Marie Leavitt
Born October 29
8 pounds 6 ounces
19.5 inches*

Our Annual Fundraising Appeal Your Opportunity to Show Your Support

As we all know, this year proudly marks **20 incredible years** of inspiring lifelong learning, fostering friendships and enriching our community.

Founded in **2004**, OLLI at UNH has evolved from the School of Lifelong Learning to Granite State College, and now as part of the University of New Hampshire. Throughout two decades, our dedicated founders, volunteers, members and staff have navigated successes, creative challenges and even a global pandemic, emerging stronger and more vibrant each time.

When you donate to OLLI, you support:

- **Diverse Learning Opportunities:** Offering a wide range of engaging courses that promote continuous personal growth.
- **Community Building:** Creating and nurturing lasting friendships and meaningful connections among members.
- **Volunteer Contributions:** Leveraging the talents and skills of our volunteers to drive

OLLI's ongoing success.

- **Innovative Social Platforms:** Developing new ways for seniors to interact and stay engaged.
- **Personal Enrichment:** Providing numerous opportunities for members to enrich their lives through active participation.

Right from the start founder Bernard Osher envisioned that each OLLI would strive for self-sufficiency, emphasizing the importance of member support in maintaining the community's financial health. Your involvement in our organization is vital to our continued success.

As we celebrate our anniversary milestone, we invite you to continue supporting OLLI at UNH. Together, we can ensure that the joy of "learning for the fun of it" thrives for many more years to come.

To donate to OLLI through our annual drive, look for a letter in the mail with a pledge card which you can return with a check in the provided envelope. Or you can click [here](#) to donate online today!



Did you receive your copy of the 20th Anniversary edition of *Outlook* in the mail? If not, please call the office at (603) 255-3553 to request your copy.

DO YOU SUFFER FROM ABIBLIOPHOBIA?

Then you'd better come to the Capital Region Book Exchange!

I don't have any books to read, so I was cruising the internet. Look at these fascinating fun facts about books that I found. I don't know if they're all true, but if they were on the internet, they must be, right?

1. The longest novel ever written is *In Search of Lost Time* by Marcel Proust, with over 1.2 million words!
2. The most stolen book from public libraries is *The Guinness Book of World Records*.
3. The word "Dracula" means "Son of the Dragon" in Romanian, based on the title *Dracul*, given to Vlad the Impaler's father.
4. *Harry Potter* was rejected by 12 publishers before Bloomsbury took a chance on J.K. Rowling.
5. The Bible is the most translated book in the world, available in over 3,000 languages!
6. The famous opening line "It was the best of times, it was the worst of times" comes from Charles Dickens' *A Tale of Two Cities*.
7. There's a word for the fear of running out of something to read: abibliophobia!
8. Reading for just 6 minutes can reduce stress by up to 68%, more effective than listening to music or going for a walk.
9. The world's most expensive book, *The Codex Leicester* by Leonardo da Vinci, was bought by Bill Gates for \$30.8 million!
10. J.R.R. Tolkien typed the entirety of *The Lord of the Rings* with just two fingers!
11. The Bible is the most translated book in the world, available in over 3,000 languages! (Yes, it's so amazing, it deserves a second mention!)
12. The first book ever printed using a printing press was the Gutenberg Bible in 1455.
13. Ray Bradbury wrote *Fahrenheit 451* on a rented typewriter in the basement of UCLA's library for 10 cents per half-hour.
14. The famous phrase "Happy Birthday to You" comes from a song in a children's book called *The Birthday Song* published in 1893.
15. The first "novel" ever written is believed to be *The Tale of Genji* by Japanese noblewoman Murasaki Shikibu in the 11th century.
16. The term "bookworm" dates back to the 1600s and refers to people who are as hungry for books as worms are for paper.
17. Book burning dates back to ancient times, with the most famous incident being the destruction of the Library of Alexandria.
18. Studies show that reading fiction improves empathy, as readers experience life through different perspectives and characters.

Capital Region Central Committee and Chapter Chats Book Club welcome all book lovers to a **Book Exchange on Friday, November 8, 10:00 a.m. to 12:00 noon**. Trade in books you've read and pick up new titles. While you're there, talk about your favorites, what books had special meaning to you or even influenced some aspect of your life.



See what treasures you can find -- maybe a memoir, a graphic novel, fiction, fantasy, contemporary nonfiction or even a new cookbook. As we describe the books we loved, maybe you'll be tempted to try a different genre or an author you haven't yet discovered.

Don't have any books to spare right now? Come anyway and take some home; we always have more than we can use and, in fact, usually donate leftover books.

We'll be at City-Wide Community Center, 14 Canterbury Road, Concord. Come for the books. Come for the discussions. Come for the refreshments.

And it's free!



Greater Manchester Virtual Happy Hour

November 19 – 6:00 p.m. – on Zoom

Theme: Bitter Tastes

RSVP to Dennis McGivern to get a Zoom link
dmcgivern52@gmail.com

Lunching, Munching & Learning

Lunch & Learn Data Breach Survival Guide

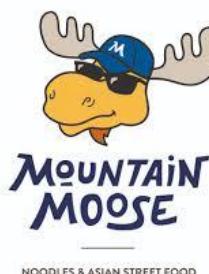
Friday, November 22, 12:00 p.m.
Free! On Zoom

Protecting Your Digital Life! In today's digital age, data breaches are becoming increasingly common, putting your personal information at risk. Most recently, it was reported that in August of this year, a hacker breached the National Public Data site and dumped 2.7 billion data records, including Social Security numbers, on a dark web forum. Join us for an engaging and informative session designed specifically for individuals who may have been affected by a data breach.

Presented by Mark Glisson of the Hooksett Library.
[Click here to register.](#)



Technology You Can Use



Mt. Washington Valley - Munch Bunch

November 21 -- 12:00 p.m.

Mountain Moose Noodles & Asian Street Food

2 Common Ct Suite A28, North Conway

Diane Rozek, Munch Bunch Coordinator

Email at dlnh2002@yahoo.com or call 603-367-8568 (H) 603-662-8640 (C)

Seacoast Sips of Science



PFAS: Forever Chemicals

Wednesday, November 13 – 5:30 p.m.

Doors open 5:00 p.m.

Back Hill Beer Company

73 Pickering Road, Rochester

Hear from UNH experts about the “forever chemicals” threatening our drinking water.

Learn more and get tickets [here](#).

Capital Region Lunch Bunch

will hibernate for the winter



See you for lunch in March!

October Meanderings

Taking advantage of the beautiful New Hampshire weather last month, OLLI members enjoyed walks and tours both outdoors and inside, most of them feeding OLLI's voracious appetite for history.



Above, A Walk Through Conway Village started out in the classroom, then moved out to see the village firsthand.

Below, in Manchester, Aurore Eaton led members on a walk through the Amoskeag Mills worker housing from the 19th and early 20th century, now listed on the National Register of Historic Places.



Below, a tour of the American Independence Museum in Exeter revealed artifacts from 18th century America on display.



Above and to the right and far right, in South Berwick, ME, the Hamilton House shows a bit of its age (built in 1785) while inside beautiful murals and antique furnishings graced the elegant mansion. Restoration of the property, including a paint job, is ongoing.



Again this month, Portsmouth enjoyed both walking and cruising.



Above and right, a second section of the Walking Tour of Historic Portsmouth; at left, skies were blue for the Portsmouth Harbor Cruise.

At right, the site of the Melendy Underground Railroad in Amherst was visited following a classroom presentation about the Melendys by George Fullerton.

Below, Globe Manufacturing welcomes OLLI (twice) in a most public way.



There were classroom experiences aplenty too. At left, in the Mt. Washington Valley, Russ Lanoie explained the options for using the sun for clean energy.

At right, Bob Fritch and friends taught members the value of the coins they may have in a jar or between couch cushions. (Maybe they could use their newly-valued coins to buy solar panels?)



At left and below, John Border focused on the iPhone camera in Mt. Washington Valley.



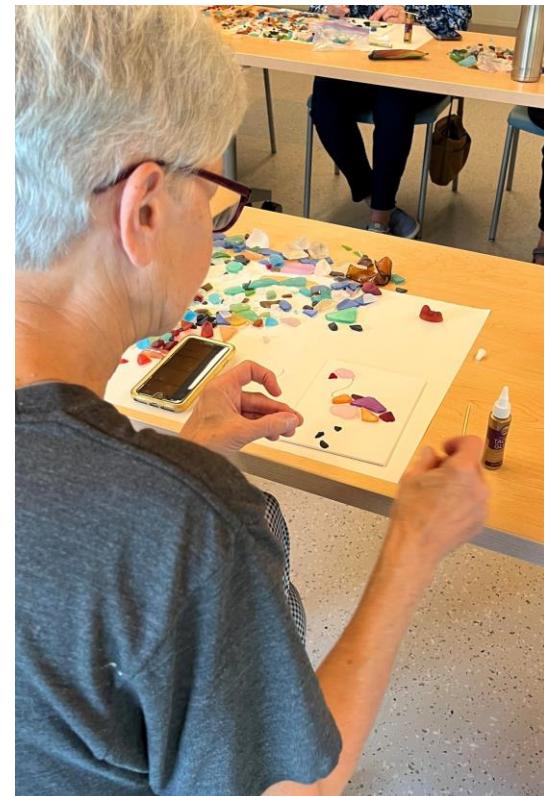
Oh, Those Crafty OLLI Members!



Mixed Media Art, presented by Gaele Mitchell in Mt. Washington Valley, resulted in beautiful colorful art pieces.



Meanwhile, in the Capital Region, under the guidance of Keira Chin, members created their own unique seaglass artwork.



Giving Thanks for Volunteers

Submitted by Jacki Fogarty, Class of 2012

So often when asked about their OLLI experiences members respond that they are grateful for all OLLI has to offer. OLLI, too, is grateful to our members for their support and friendship.

We offer our deepest thanksgiving to a special group of members – our volunteers. It has often been said that OLLI runs on volunteers. In the last fiscal year, July 1, 2023 through June 30, 2024, 318 volunteers have generously given their time and skills to help make the OLLI experience positive for its members. And some of those volunteers aren't even members! (Some of our presenters are members, but most are not.)

Who are they?

Presenters

You know them as the folks at the front of the classroom, at the microphone on Zoom or leading the tour group off site. You may not know how much time, talent and effort they expend in developing their courses. Think of a ratio of 2 hours of preparation for every hour in front of the class.

Class Assistants & Zoom Moderators

Often called “the face of OLLI” because they are the member representatives you rely upon to make your classes run smoothly.

Committee Members

“Committee” is, believe it or not, not a dirty word! Members of committees are the volunteers who, in coordination with the OLLI Admin Team, run the organization. Members with a desire to influence what OLLI is and what OLLI does, serve on the committee which matches their personal passion.

Statewide Level

Leadership Council
Curriculum Council
Travel
Development/Fundraising

Regional Level

Central Committee
Curriculum Committee
Membership, Events, Social, etc.

Event Support

Previews and parties, Mug ‘n’ Muffins, “Jaunt Aways” travel events – if there is a gathering of OLLI members for anything outside of classes, volunteers assume many roles to make them successful.

Planners
Registrars & Greeters
Cooks, Bakers &
Providers of Food &
Beverages
Set-up & Clean-up
Trip Leaders

Task Force Members

Like committees, task forces are groups of volunteers who meet regularly for a purpose. The difference is that they are created to work on a specific topic or project and they put themselves out of business when the task is completed.

Photographers and Writers

Outlook, Halfway Pointers, Facebook, Catalogs are beautiful and informative communications – and they get there by volunteers taking photos and writing stories.

Special Roles

OLLI has volunteer “jobs” that fill a variety of special needs, so many of which are nearly invisible to the membership but are critical to the OLLI program that members know and love.

Class Assistant Coordinators

Course Roster Team

Communicators (Outlook, Halfway Pointers, Notices, Telephone)

Special Projects

Who are they? Well, listed on the next page are the dedicated volunteers who made our Fiscal Year 2024 so successful.

Susan Adams
Dave Alcox
Mary Ann Allsop
Iris Altilio
Stephen Ambra
Dave Anderson
Linda Anderson
Dee Angwin
Alexandria Arnold
Marilyn Astell
Gail Athas
Michael Averill
Deborah Ayers
Ann Backus
Kathleen Bailey
Mike Baker
Carol Barleon
Jeff Barracough
Jeffery Bart
Carola Beasley-
Topliffe
Martin Bender
Gary Bennett
Su Bennett
Phyllis Benoit
Karen Bentley
Sue Bergoffen
Elliott Berry
Diane Bianchetta
Michele Boulanger
Gina Bowker
Cassidy Boyd
Paul Brogan
Martha Brooks
Lynne Brosche
Sarah Brown
George Bruno
Lisa Buerk
Andrew Bullock
Ellen Burger
Barbara Butler
Susan Callahan
Kaitlin Camidge
Marsha Campaniello
Angie Cande
Kathy Canedy
Marsha Carlin
Jennifer Carr
Jennifer Carroll
Kathy Cassano
Judith Castle
William Castle
Belinda Castor
Bill Caswell
Peg Chaffee
Keira Chin
Rich Clyborne
Annette Cohen
Pam Cohen
Mike Coltin
Peter Conklin
Storm Connors
Heather Corrigan
Bob Cotrell
Joyce Craig
Laura Cummings
Carol-Ann Dahlmeyer
John Dahlrose
Meredith Dahlrose
Susan Dana
Karen Darling
Norma Daviault
Ronald Daviault
Rick Davidson
MaryEllen Davies
Terri Davis
Jerome Joseph Day
Arthur Deleault
Patricia Delyani
Elizabeth Dimmick
Aubrie Dionne
Martin Donovan
Virginia Drew
Charles Drutman
Sarah Dunham-
Miliotis
Steven Duquette
Janice Dutton
Vicky Dworkin
Kelly Dwyer
Alyssa Eastman
Aurore Eaton
Briana Edwards
Judy Edwards
Sally Embley
Patti Emerson
George Epstein
Peg Fargo
Bill Faulkner
Beth Fenstermacher
Robert Ference
Allwynne Fine
Paul Finn
Jane Fletcher
Dan Fogarty
Jacki Fogarty
John Forti
Kris Foss
Carolyn Fraley
Robert Fritsch
Donna Frost
Ronald Frost
George Fullerton
Janet Gagne
Judith Geaghan
Betsy Gemmecke
Steve Gilvar
Janet Glazer
Edward Gleason
Barry Glennon
Joseph Gluckert
Robert Goodby
Judy Goodnow
Brian Graf
Jeannette Graf
Cindy Graham
Lisa Graham
Barbara Grant
Kathy Gray
Paula Gray
Cathie Gregg
Jane Haigh
Nancy Hall
Susannah Halpern
Ann Hamilton
Kim Hamilton
Pamela Harvey
Jon Haveman
Joreen Hendry
Peggy Hennelly-
Maniates
Kay Herrick
David Hess
Judith Hess
Jim Higgins
Carolyn Hollman
Heidi Holman
Betsy Holmes
Linda Houle
Jill Huckins
Rebecca Huncilman
Kelly Hunt
Mason Irish
Jim Isaak
Laura Jawitz
Benny Jesseman
Laurie Johnson
Bob Jones
Gail Kace
Sharon Kace
Debs Kalicin
Martha Kaubris
Sarah Kern
Nicki Kilfara
Diane King
Janet King
Jerry Knirk
Ruth Knowles
Randy Kovach
David Lamarre
Barbara Landwehr
Adam Lane-Olsen
Michelle Langa
Pamela Langley
Joan Lanoie
Russ Lanoie
Julia Lanter
Judy Laplante
Donna Lawrence
David Lee
Andrea Libby
Carl Lindblade
Jeannie Lindheim
Laurie Lockwood
Clare Long
Kathy Lovell
Merle Luber-
Friedenberg
Dennis MacDonald
Iain MacLellan
James Mahoney
Jim Mahoney
Nigel Manley
Jeffrey Masors
Ken McAuliffe
Erica McAvoy
Hailley McConnell
Tessa McDonnell
Mary McEvoy
Dennis McGivern
Susan McKeown
James McKim
Regina McMonagle
Kerry McNiven
Eric Meltzer
Raymond Mercier
Glenn Meyers
David Miller
David Miller
Nadine Miller
Joan Mirantz
Gaie Mitfchell
Liz Mooney
Mike Morin
Zhana Morris
Georgia Murray
Bob Muzerall
Jim Mykland
Robin Nafshi
Beth Nagle Griffin
Vestine Ncungu
Dottie Nelson
Pat Nicolino
Linda Noon
Beth Northcott
June O'Donal
Cynthia O'Neil
Sandy O'Neill
Randall Ouellette
Randy Ouellette
Robert Owen
Philip Pajakowski
P.Alan Pardy
Diane Parks
George Parodi
Robert B. Perreault
Sandy Perry
Diane Perry-Mann
Suzanne Petersen
Kevin Petti
Michele Phaneuf Plasz
Anne Pillion
Laura Poppick
Rob Pratt
Phil Primack
Allison Provencher
Joyce Prowse
Dorothy Pullo
Raymond Ramsey
Patti Rau
Frann Ravid
Cindy Reid
Mary Rennie
Cindy Reyhard
Jenny Rivard
Pamela Robinson
Barrett Rock
Janet Romaine
Stephanie Rohwer
Hewson
Janet Romaine
Anne Romney
Elizabeth Ropp
Anjali Rose
Darlene Roy
Kenneth Roy
Diane Rozek
Suzanne Rude
Catherine Ruffle
Darcie Russell
Jean Russell
John Russell
Diane Ryan
Kyle Sandler
Dennis Sasseville
Dante Scala
Julia Schappals
Gail Schilling
Frederic Schubert
Josh Shaine
Linda Sharpe
Ken Sheldon
Jay Sherwin
Eric Simon
Tony Simone
Ted Slater
Coleen Smead
Stephen Soreff
Carole Soule
Steve Spain
Cheryl Sprinkle
Marci StarrBrennan
Barry Steelman
Jeffery Stern
Bill Stone
Doug Stowell
Eleanor Strang
Jonas Taub
Brian Therrien
Martha Thyng
Florette Tilton
Cathleen Toomey
Polly Towner
Matt Trahan
Sarah Traphagen
Jane Van Zandt
Kim Varney Chandler
Beth Wagner
Nicholas Wallner
Martha M Walsh
Leslie Webb
Lauren Webber
Lee Webster
Daniel Weeks
Rick Weinstein
Thomas White
Cynthia Williams
Sara Willingham
Donna Wilton
Ann Wissink
Louis Yelgin
Carol Zink
Devin Zufelt



SIG News

Seacoast Hiking/Walking SIG

Submitted by Sandy O'Neill, Class of 2013

The Seacoast Hiking/Walking SIG will hike the Gonic Trails on Rochester Neck Road in Rochester on Wednesday, November 20 from 10:00 a.m. to 12:00 p.m.

The trails run next to the Isinglass River and are managed by Waste Management. The trails are well-traveled with rolling hills and flat stretches and have a good-sized parking lot, which is about a half mile up on the right side of Rochester Neck Road, easily accessible from Route 125 and the Spaulding Turnpike.



Check out the trail brochure at [Trail Map2.pub \(rochesternh.net\)](http://Trail Map2.pub (rochesternh.net))

If you have questions about this hike or if you would like to be added to the email list contact Sandy O'Neill at sandy_oneill@comcast.net.

Mt. Washington Valley Hiking SIG

Next hike will be Wednesday, November 6 at 10:00 a.m. For the location and directions contact John Rozek at ejohninnh@yahoo.com.



The dates of all hikes are weather driven. An email will be sent out with notice of dates, times and locations. Please email John at the above address if you want to be added to the Hiking SIG list.

Capital Region Healthy Walking SIG

Submitted by Mari Astell, Class of 2018

With “the big guy in the bright orange cap” at the head of the line, the Capital Region Healthy Walkers enjoyed more than a dozen walks since April.

The big guy, Ray Mercier, and Mari Astell, SIG leaders, have declared winter vacation, promising the 30 interested members a welcome back letter in the early Spring.

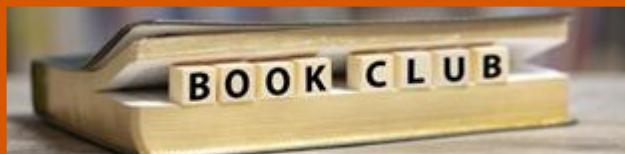
Look for the announcement in *Outlook* that walks will resume in April. And, in the meantime, anyone with ideas for next year’s walks should email Mari at maastell@gmail.com.

Capital Region Piecemakers Quilting SIG



Let us say good-bye to our quilters with a few notes:

- Quilters are sewciopaths.
- Quilting – they love it to pieces!
- Quilters are sew cute!
- Irony – the opposite of wrinkly.
- Quilting seams like fun.
- Quilters comes with strings attached.
- Quilters are sew awesome!



All OLLI Book Clubs welcome members from any region

Capital Region Chapter Chats

Submitted by Mary Davies, Class of 2007

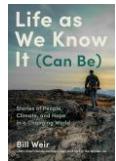
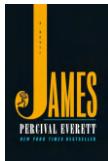
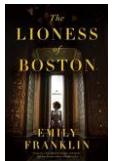
Meetings are held the last Monday of the month at 1:30 p.m. via Zoom. To receive the Zoom link contact Donna Frost at dfrost49@hotmail.com.

The Lioness of Boston by Emily Franklin imagines the life of Isabella Stewart Gardner, founder of the museum in Boston. By the time she opened her home as a museum in 1903, she was already well known for scandalizing Boston's high society. This work of historical fiction details the cultural and social history of the time and Gardner's larger than life place in it.

Books for December and January:

- December 30 - *The Water is Wide* by Pat Conroy
- January 27 - *Daughters of the Flower Fragrant Garden* by Zhuqing Li

There's no requirement to finish or even read the book before the meetings. Readers residing anywhere are welcome to join us by Zoom on Monday, November 25 starting at 1:30 p.m. Try us out!



Manchester Book Group

Submitted by Mike Baker, Class of 2011

The Manchester Book Group will meet at 7:00 p.m. on Tuesday, November 26, to discuss Percival Everett's *James*.

Contact Mike Baker at mbmikebaker0@gmail.com for a Zoom link.

SIG-Bits*

*These are tidbits your SIG (Special Interest Group) leaders want you to know.

(contact information on next page)

Do you and your OLLI friends have a special interest? Maybe you've taken a class and left wishing it would never end. Or you've scoured the catalog and, believe it or not, there was no course covering a topic of great interest to you. Setting up a SIG is easy – just contact your Central Committee to learn how. These are your Central Committee contacts:

Capital Region – Jacki Fogarty

Mt. Washington Valley – Cindy Graham

Greater Manchester – Jim Mahoney

Seacoast – Tessa McDonnell

Email addresses can be found on the last page.

Fresh Reads - Seacoast

Submitted by John Russell, Class of 2014

Fresh Reads' November selection is *Life as We Know It (Can Be): Stories of People, Climate, and Hope in a Changing World* by Bill Weir, award-winning journalist and CNN chief climate correspondent. Weir draws on his years of immersive travel and reporting to share the best ideas and stories of hope and positivity from the people and communities around the world who are thriving in the wake of climate change, and what we can learn from them to build a more promising future.

Life As We Know It (Can Be) confronts the worry and wonder of climate change with messages and examples of hope for all of us on how a better future can still be written. Highlighting groundbreaking innovation in fields of clean energy, food and water sources, housing and building materials, and more, and touching on how happiness, resilience, and health and wellness factor into the topic of climate change, Bill's stories take readers on a global journey, from one community in Florida that took on a hurricane and never lost power, to the Antarctic Peninsula where one species of penguin is showing us the key to survival, to the nuclear fusion labs where scientists are trying to build a star in a box. In these pages, we join a search for ancient wisdom and new ideas.

Life As We Know It (Can Be) is a celebration of the wonders of our planet, a meditation on the human wants and needs that drive it out of balance, and an inspiration for communities to galvanize around nature and each other as the very best way to best prepare and plan for what's next.

Join us on Monday, November 21 at 1:30 p.m. for what promises to be an interesting discussion. Contact John Russell at russelljohnt@comcast.net for a Zoom invitation.

SIGs (Special Interest Groups)

What Are They?

A member benefit – you participate for free with other OLLI members who share your interest. All OLLI SIGs welcome members from any region. Nonmembers may attend up to three SIG meetings but must join OLLI to continue.

Capital Region

Movie Club

Meets every Monday 3:00-4:00 p.m. on Zoom. Watch a member-chosen movie every week and discuss it at the SIG meeting.

Contact: Marty Bender (mbender@tds.net).

Creative Writing

Meets every other Thursday (11/14; other date TBD) 1:00 p.m. on Zoom. Prompted writing assignments are shared for group feedback.

Contact: Alan Pardy (alan.pardy@icloud.com).

OLLI Piecemakers (Quilting)

Meets first and third Thursday of the month 10:00 a.m.-1:00 p.m. at City-Wide Community Center. Members at all levels work on their own quilting or other fabric craft projects and share ideas and expertise.

Contact: Mari Astell (maastell@gmail.com).

Lunch Bunch

Meets to enjoy a lunch together – no set schedule. On winter vacation.

Contact: Jean Russell (j6russ@aol.com) to get on the mailing list.

Healthy Walking

Meets twice a month to enjoy easy walks on gentle trails in the greater Concord area. On winter vacation.

Contact: Ray Mercier (mercier.raymond@gmail.com).

Seacoast

Favorite Local Hiking Trails SIG

Meets on second Wednesday of the month (this month on 11/20) at 10:00 a.m. -- to hike (rain or shine) or snow-shoe. Contact: Sandy O'Neill (sandy_oneill@comcast.net).



Find us on
Facebook

<https://www.facebook.com/olliuhn>

Greater Manchester

Manchester Meditation

Meets weekly on Wednesdays at 2:00 p.m. for silent meditation practice and discussion.

Contact: Janet Romaine (jromaine@anselm.edu).

Happy Hour

Meets monthly on a Tuesday (11/19) 6:00-7:00 p.m. on Zoom to share drinks and desserts, discuss wine and spirits and enjoy a themed virtual get-together whose motto is "Zoom responsibly."

Contact: Dennis McGivern (dmcgivern52@gmail.com).

Mt. Washington Valley

Hiking/Walking

Meets in the fall and spring; no set schedule (11/6); get on a mailing list for information.

Contact: John Rozek (ejohninnh@yahoo.com).

Hiking/Snowshoeing

Meets in winter; no set schedule; get on a mailing list for information. Contact: Betsy Gemmecke (betsygemmecke@gmail.com).

Candlepin Bowling

Saco Valley Sports Center at 1:00 p.m. on selected days (11/13).

Contact: Barb Butler (barbara.butler@yahoo.com).

Munch Bunch

Meets to enjoy a meal together generally on the fourth Thursday of the month. (11/21)

Contact: Diane Rozek (dlrn2002@yahoo.com).

Ice Cream Trail

Meets biweekly in the summer to visit specialty ice cream shops in the MWV area. (on hiatus until summer)

Contact: Cindy Graham (graham02171@gmail.com).

Try out a SIG this month! They're fun and there's no commitment.

Got an idea for a SIG? Contact your learning region's Central Committee.



Co-Chair's Chat

Submitted by Bob Muzerall, Class of 2018

I've been doing a bit of thinking about OLLI recently. It's probably on my mind for I have OLLI commitments nearly every day these past few weeks. I ask myself why I schedule myself to so many things. Shouldn't this be a time for me to kick back and relax; to take the easy way out and enjoy my retirement? I imagine many of you are asking these same questions.

When I meet someone new, I begin to share how I've experienced life through OLLI. I attend some very interesting classes at least two or three times a month. I hike with a great group of friends every other week. I go out to lunch with another group of wonderfully interesting people. I even try my hand at bowling (I tend to score poorly in this sport). I also travel to interesting places and gain a new appreciation for how diverse and interesting our world is. But when I break it down, the one thing that seems to top all the other benefits is the bonding and sharing we do together.

This spurs a sense of energy. The energy sometimes becomes a passion. A case in point: I just attended the first of two "Mill Girls" classes yesterday. The two hours sped by. I learned so much. I know so much more about this time and about these women. It's especially interesting that my mother was a late-term

Mill Girl. She left the Canadian orphanage she and her four sisters lived in and came to our country to work in the mills to grasp a new life!

I ask you to do something for me and for yourself. Take a moment and think back to all the times you engaged with OLLI, including the classes, SIGs, Lunch and Learns, etc. Recall all the people you interacted with. Remember the friendships. Remember the times you laughed. This is what OLLI truly brings to all of us who participate fully.

Let these thoughts give you the passion to continue your life with OLLI. Take classes. Attend events. Meet new people. Learn interesting things. Laugh a whole bunch! And finally, commit. Commit to help our OLLI grow and prosper. Give your time, your talent, and your treasure, each in measure to your personal situation. We are in this thing together. I hope to see you soon at an OLLI event.

Leadership Council meetings are generally held on the Zoom platform on the fourth Monday of the month from 10:00 a.m. to noon, giving members the opportunity to observe our governance structure firsthand. The next meeting will be Monday, November 25. All members are welcome. Contact John Russell, at russelljohnt@comcast.net for information or a Zoom link.

**Get to your classes
ON TIME!**

**Change your clocks
Sunday morning
November 3.**



In Memoriam

Charlene Lavoie, Class of 2024, Greater Manchester

November Calendar

All meetings are by Zoom unless otherwise noted.

NOTE: Dates and contact information of SIG meetings (including Book Clubs) are now found on the SIG and Book Club pages.

Capital Region

Friday, November 8 Capital Region Book Exchange – 10:00 a.m., City Wide Community Center (Peg Fargo, contact)
Friday, November 15 Capital Region Membership/Central Committee – 10:00 a.m. (Jacki Fogarty, contact)
Friday, November 22 Capital Region Curriculum Committee – 1:00 p.m. (Donna Frost, contact)

Greater Manchester Region

Friday, November 8 Manchester Curriculum Committee – 10:00 a.m. (Bob Jones, contact)
Friday, November 22 Manchester Central Committee – 9:00 a.m., Lunch Box, Brady Sullivan Tower (Jim Mahoney, contact)

Mt. Washington Valley Region

Wednesday, November 13 MWV Central/Curriculum Committee –10:30 a.m., Carroll County Extension (Cindy Graham, contact)

Seacoast Region

Thursday, November 14 Seacoast Curriculum/Central Committee –1:30 p.m. (Tessa McDonnell, contact)

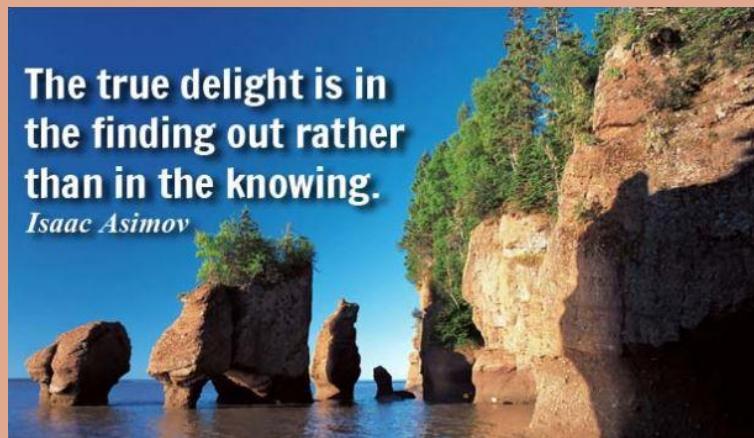
Statewide Meetings and Events

Monday, November 11 OLLI Office closed for Veterans Day
Friday, November 22 Lunch & Learn – Technology – Data Breach Survival Guide – 12:00 p.m. (Jacki Fogarty, contact)
Monday, November 25 Leadership Council – 10:00 a.m., (John Russell, contact)
Thursday/Friday
 November 28/29 OLLI Office closed for Thanksgiving

Looking Ahead

Friday, December 20 Capital Region Holiday Party & Yankee Swap – 12:30 p.m., City-Wide Community Center (Jacki Fogarty, contact)

Directory of Contacts' Email Addresses and Directory of Class and Event Locations – Click here or scroll down to the next page.



OLLI at the University of New Hampshire

Taylor Hall, 59 College Road, Durham NH 03824

(603) 255-3553

olli.office@unh.edu

unh.edu/OLLI

[OLLI National Resource Center](#)

Learning regions: Capital Region, Greater Manchester,

Mt. Washington Valley & the Seacoast

The *Outlook* is published monthly and sent to all current OLLI members. OLLI members are invited to submit articles of interest to the general membership. Articles, pictures and comments may be emailed to *Outlook* at OLLOutlook@aol.com. Thank you.

Jacki G. Fogarty, Editor

Directory (Addendum)

Contact Email Addresses

Iris Altilio	olli.volunteer.concord.iris@gmail.com	Debs Kalicin	debskalicin@gmail.com
Dee Angwin	deirdreangwin@outlook.com	Jim Mahoney	jmahoney@anselm.edu
Mari Astell	maastell@gmail.com	Tessa McDonnell	tessa.mcdonnell@granite.edu
Mike Baker	mbmikebaker0@gmail.com	Dennis McGivern	dmcgivern52@gmail.com
Marty Bender	mbender@tds.net	Ray Mercier	mercier.raymond@gmail.com
Su Bennett	subennett74@gmail.com	JoAnn Meyers	joannmeyers6@comcast.net
Tori Berube	tori.berube@granite.edu	Joan Mirantz	mirantzjoan@gmail.com
Barb Butler	barbara.butler@yahoo.com	Bob Muzerall	bmuzerall@gmail.com
Kathy Cassano	klcnh@yahoo.com	Pat Nicolino	pfnico07@gmail.com
Sarah Columbo	nightcable@yahoo.com	Beth Northcott	bnorthc528@sbcglobal.net
Mary Davies	marbob75@yahoo.com	Alan Pardy	alan.pardy@icloud.com
Peg Fargo	pegfargo7762@outlook.com	Diane Parks	dparks43@aol.com
Jacki Fogarty	jgfogarty228@aol.com	Patti Rau	geopat96@roadrunner.com
Donna Frost	dfrost49@hotmail.com	Janet Romaine	jromaine@anselm.edu
Jan Gagne	janetgagne20@yahoo.com	Diane Rozek	dlnh2002@yahoo.com
Betsy Gemmecke	betsygemmecke@gmail.com	John Rozek	eajohninnh@yahoo.com
Jen Graf	jgracegraf@gmail.com	Jean Russell	j6russ@aol.com
Cindy Graham	graham02171@gmail.com	John Russell	russelljohnt@comcast.net
Kathy Gray	kbushmv@gmail.com	Margie Soroka	margiesoroka@gmail.com
Jim Isaak	cs2010@jimisaak.com	Beth Wagner	macbeth1912@icloud.com
Benny Jesseman	bjesseman1@roadrunner.com	Mary Walsh	mmarywalsh48@gmail.com
Bob Jones	jonesbeale@comcast.net	Cynthia Williams	Cynthia_in_nh@roadrunner.com
Sharon Kace	sskace13@gmail.com		

OLLI Class & Event Locations

NHTI – Sweeney Hall
31 College Drive, Concord
Park in Lot C

City Wide Community Center
14 Canterbury Road, Concord

UNH Manchester
88 Commercial Street, Manchester
Remember your parking pass

Professional Development & Training (PD&T)
230 Commerce Way, Portsmouth

Conway Public Library
15 Greenwood Avenue, Conway

The Gibson Center
14 Grove Street, North Conway

Pope Memorial Library
2719 Main Street, North Conway

OLLI at UNH is a department within the
Office of Outreach and Extension (OE).

OLLI Office Contact Information

OLLI.office@unh.edu
(603) 255-3553

Mailing Address

OLLI at UNH, Taylor Hall, 59 College Road,
Durham NH 03824

Website
unh.edu/OLLI

Administrative Team Contact Information

Toniann Leavitt, Director
Toniann.Leavitt@unh.edu
(603) 825-5499

Tori Berube, Program Manager
Tori.Berube@unh.edu
(603) 825-5821

Bryan Whittier, Enrollment Coordinator
Bryan.Whittier@unh.edu
(603) 255-3553

Tessa McDonnell, Program Support
Tessa.McDonnell@unh.edu

